

2018 Summer Fitness & Yoga Guide

Lake Johnson Park: Waterfront Program Center

Advance registration is required for all programs. Register online at reclink.raleighnc.gov

Strength and Conditioning

Age: 16+ Find strength on your mat during this 60-minute power packed, low impact, strength conditioning training session. This is a functional exercise class for all levels. Utilizing a mat, light free weights, and gravity as resistance, participants will experience the slow burn of working multiple muscle groups at once, focusing on core strength and stability while building endurance, total body strength, and improving balance. All equipment is provided. Instructor: Danielle Jones. \$60 (Resident) / \$75 (Non-Resident)

#219573	May 1-Jun 5	Tu	6:00 PM-7:00 PM
#219574	Jun 19-Jul 24	Tu	6:00 PM-7:00 PM
#219575	Aug 7-Sep 11	Tu	6:00 PM-7:00 PM

Sunrise Yogalates

Age: 16+ Combining the best of yoga and Pilates, you will leave feeling rejuvenated through breath work combined with core work and lengthening/stretching of the body. A mind-body session that improves agility, strength, and flexibility. You will feel more balanced and stand taller ready to take on your day! Advance registration is required for this program. Sign up for multiple classes to make a session suited to your schedule. Instructor: Alicia Hedges. \$10

#225289	Jun 14	Th	6:30 AM-7:15 AM
#225290	Jun 21	Th	6:30 AM-7:15 AM
#225291	Jun 28	Th	6:30 AM-7:15 AM
#225292	Jul 5	Th	6:30 AM-7:15 AM
#225293	Jul 12	Th	6:30 AM-7:15 AM
#225294	Jul 19	Th	6:30 AM-7:15 AM
#225295	Jul 26	Th	6:30 AM-7:15 AM
#225296	Aug 9	Th	6:45 AM-7:30 AM
#225297	Aug 16	Th	6:45 AM-7:30 AM



Sunrise Yoga

Age: 16+ Start off your day with yoga at Lake Johnson Park. This class will relax and unwind the body in preparation for a hard days work. This is an all levels course where pose modifications will be offered so you can choose to work at the level appropriate for you. Offered Tuesday mornings, sign up for multiple classes to create a yoga session suited to your schedule. Mats, blocks, and straps are provided. Instructor: Danielle Jones. \$10

#219819	May 1	Tu	6:45 AM-7:45 AM
#219820	May 8	Tu	6:45 AM-7:45 AM
#219832	May 15	Tu	6:45 AM-7:45 AM
#219833	May 22	Tu	6:45 AM-7:45 AM
#219834	May 29	Tu	6:45 AM-7:45 AM
#219835	Jun 5	Tu	6:45 AM-7:45 AM
#219837	Jun 12	Tu	6:45 AM-7:45 AM
#219838	Jun 19	Tu	6:45 AM-7:45 AM
#219839	Jun 26	Tu	6:45 AM-7:45 AM
#219840	Jul 3	Tu	6:45 AM-7:45 AM
#219841	Jul 10	Tu	6:45 AM-7:45 AM
#219842	Jul 17	Tu	6:45 AM-7:45 AM
#219843	Jul 24	Tu	6:45 AM-7:45 AM
#219844	Jul 31	Tu	6:45 AM-7:45 AM
#219845	Aug 7	Tu	6:45 AM-7:45 AM
#219846	Aug 14	Tu	6:45 AM-7:45 AM



**Parks,
Recreation and
Cultural Resources**
parks.raleighnc.gov

Lake Johnson Park
Waterfront Program Center
4601 Avent Ferry Road
Raleigh, NC 27606
919.233.2121



Stand-up Paddle Board Fitness

Ages: 16+ Incorporating yoga, Pilates, and paddling techniques participants will increase their strength, endurance, and flexibility through increasingly difficult exercises. Sign up for multiple classes to create a workout session suited to your schedule. Instructor: Alicia Hedges. \$15

#219344	May 5	Sa	8-9:30 AM	#219320	July 9	M	6:15-7:45 PM
#219309	May 14	M	6:15-7:45 PM	#219321	July 16	M	6:15-7:45 PM
#219314	May 21	M	6:15-7:45 PM	#219322	July 23	M	6:15-7:45 PM
#219345	June 2	Sa	8-9:30 AM	#219323	July 30	M	6:15-7:45 PM
#219315	June 4	M	6:15-7:45 PM	#219347	Aug 4	Sa	8-9:30 AM
#219316	June 11	Sa	6:15-7:45 PM	#219324	Aug 6	M	6:15-7:45 PM
#219317	June 18	M	6:15-7:45 PM	#219325	Aug 13	M	6:15-7:45 PM
#219318	June 25	M	6:15-7:45 PM	#219326	Aug 20	M	6:15-7:45 PM
#219319	July 2	M	6:15-7:45 PM	#219327	Aug 27	M	6:15-7:45 PM
#219346	July 7	Sa	8-9:30 AM				

Stand-up Paddle Board Yoga

Ages: 16+ SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or SUP experience required. Instructor: Angel Bailey. \$15

#219467	May 27	Su	8-9:15 AM
#219479	Jun 10	Su	8-9:15 AM
#219480	Jun 24	Su	8-9:15 AM
#219486	Jul 8	Su	8-9:15 AM
#219487	Jul 22	Su	8-9:15 AM
#219488	Aug 12	Su	8-9:15 AM
#219489	Aug 26	Su	8-9:15 AM

